

## **POLICY STATEMENT: TOBACCO USE AND RECOVERY**

*Approved and Adopted by the CAADPE Board of Directors, October 25, 2002*

The California Association of Alcohol and Drug Program Executives, Inc. (CAADPE) recognizes the importance of addressing tobacco use in recovery efforts. In order to “enhance the knowledge and skills of service (member) providers,” tobacco should also be addressed as a significant health problem.

Smoking cigarettes is especially prevalent among alcoholics and drug addicts. 80-95% of substance abusers smoke whereas only 25% of the general population smokes. Cigarette smoking kills over 440,000 people a year (CDC, 2002), and secondhand smoke kills more than 53,000 people a year (Glantz & Parmley, 1991; USDHHS, 1986). Tobacco-related diseases are the leading cause of death in patients previously treated for alcoholism and/or other non-nicotine drug dependence (Hurt, et al, 1996). Many studies demonstrate that recovery from alcohol and other drug addictions is enhanced by concurrent treatment for nicotine addiction and abstinence from tobacco use (Sees & Clark, 1993; Massachusetts Medical Society, 1997). Patients are better able to focus on issues central to their recovery when they are not using tobacco (Stuyt, 2000). A smoke-free environment also enhances the health and recovery of those addicted to alcohol and other drugs because secondhand smoke (a Class A carcinogen) is not only the third leading cause of death for both smokers and nonsmokers, but it is also a significant trigger to continue abusing other substances.

In the pursuit of a more healthy, effective and comprehensive approach to treatment, CAADPE makes the following recommendations to its membership:

- CAADPE *recommends* its membership include education about the health risks of tobacco use and secondhand smoke (particularly regarding the trigger effect of nicotine use on relapse and recovery) into their alcohol and other drug curricula.
- CAADPE *urges* its membership to establish support groups and resources for patients and clients who wish to quit smoking.
- CAADPE *recommends* its membership to designate outdoor smoke free areas by prohibiting smoking in the areas of entrances and open windows.

Approved and adopted by the CAADPE Board of Directors meeting held on October 25, 2002.

By:

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William M. Dombrowski

CAADPE Secretary